

# Journal Prompts for Managing Anxiety

Write down what you're most anxious about right now.

Are your worries realistic? If yes why?

What is going well in your life right now?

How can you release negative energy in your life?

What would your perfect day look like?

What are the top three biggest obstacles you've overcome?

What are your top three accomplishments?

If you could change anything about yourself what would it be and why?

Name ten ways you can start taking better care of yourself.

If today was your last day, how would you spend it?

When was the last time you did something for yourself? How did it feel?

What is one lesson you've learned from anxiety?

Write down five moments when you were the happiest.

What could you do right now that would make you happier?

Are you living up to your full potential? Why or why not?

On a scale of 1 (poor) to 10 (healthy) rate your mental health. What factors are contributing to it?

Who has been your biggest supporter? Write a thank you letter to them.

What was your biggest learning moment this week?

What was your greatest failure this week?

What were your biggest life obstacles and how did you overcome them?

You feel the most confident when...

What are your greatest fears? Are they realistic? Why?

No matter how awful your day is, name five things that will make you feel better.

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<p>Write down how anxiety has shaped you into who you are today.</p> <p>How would you want friends and family to remember you?</p> <p>What legacy would you want to leave behind?</p> <p>How would you describe yourself to a stranger?</p> <p>What do you wish most people knew about you?</p> <p>Name five people you look up to the most. What qualities do they have that you admire?</p> <p>What can you work on to become the person you've always wanted to be?</p> <p>What can you do to improve your mental health?</p> <p>What activities trigger your anxiety?</p> <p>List three things you can practice to calm your anxiety.</p> <p>List three affirmations you can say to yourself. Why are these important?</p>	<p>If you could achieve anything in your life, what would it be?</p> <p>What have you never done before but would like to try?</p> <p>What are five things you want to remind yourself every day?</p> <p>Write down ten things you're most thankful for.</p> <p>How do you cope with stress?</p> <p>How are you allowing anxiety to control your life?</p> <p>When anxiety pops up, how do you deal with it?</p> <p>What would you tell your future self? Why?</p> <p>Make a list of the compliments that you've received from others.</p> <p>Write a love letter to yourself.</p> <p>What do you look forward to everyday and why?</p> <p>What values are important to you?</p>
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